

UPSTAIRS

BULLETIN

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Chicago, Illinois.

An Educational Group

LORD, this is an huge rayn! This were a weder for to slepen inne!

- Geoffrey Chaucer.

One would have to be a Rip Van Winkle to outsleep the rain of these past two months. Poets, all seem to treat romantically the subject of rain and fog; if it does not stop soon we will all be rheumatic or develop fins. With every week end ruined for the 12th consecutive week end we should all be caught up on those unpleasant indoor tasks.

Fortunate we were on weather for our two spring concerts. Less fortunate with accidents and illness. LISA HOFFMAN suffered a fractured bone in the foot ten days before the program. DOLORES LIPINSKI & DEAN BADOLATO both performed with ankle problems. MAGGIE SMITH danced despite the stomach flu and PAMELA JUSTICK with the measles. Regardless, it was one of our most successful programs to date, with two large enthusiastic audiences. LIPINSKI & SCHICK were the top in "Spring Waters". Each number had its own success but what pleased us most was the excellent performances of the children in "The Proper Playmate" with ANDREW SCHULTZ & MORAG MAC KENZIE as its leads. As near as we can reproduce the program it will be given in Milwaukee on December 14th. On that program BILL REILLY will dance for the first time role of Dr. Duffy (he was the original roustabout) with DEAN BADOLATO. This will replace the fireworks of LIPINSKI & SCHICK. At that time DOLORES will be with the Washington Ballet working with Frederic Franklin. Our next spring concerts will be early - April 3rd and 5th at St. Alphonsus.

Summer course began with enrollment closed three weeks before the opening date. Nice to have the out of town people back with us (last year was spoiled by the riots). CHARLOTTE CONATSER brought nine talented girls with her for the full six weeks. MARY JOYCE LIND from Des Moines had five - PHYLLIS DE WEESE (whom we miss very

much as our assistant) four - ROBERTA REHBERG from Milwaukee has six and MYRL LAURENCE of Cincinnati six. KATHRYN JOHNSON came all the way from Florida. As of the first week all was happy - pleasant and rewarding with the exception of the Jazz class which was cancelled after the third class because the teacher (a former pupil) failed to realize the kind of a school he was teaching in - whatever we are - it is not a commercial school. The mistake was ours - we should not have had jazz. The character classes have always presented the rudiments of American jazz.

STEVE PRIMIS working as a traveling salesman of Dance is pioneering in Alaska - having taught in Anchorage, Ketchikan and Juneau and at the same time fishing for salmon and sightseeing. We had a charming letter from BIRKE NITSCHKE who is happy having found work as a dancer in Mainz, Germany - she very much misses her Chicago friends and wants to be remembered to them. BRUCE MC CALEB studying advanced work in therapy in London and living it up with his passion for Dickens - wife JANICE will join him later. ARTHUR & KITTIE LA POINTE are visiting and renewing their love for Denmark this summer. DALE ARMENTROUT is touring Europe with her High School Orchestra. MARGARET YELACIC, TERRY FINITZO & DONNA EHLER were all June brides and on the expecting list are DEBBY KRYCH PARKS in far away Japan - ANNA DROGOSZEWSKI sometime this summer here in Chicago and recently JERRY & MELANIE WISNIEWSKI had their second child - a girl. Reviews for the Robbins "Les Noces" in Stockholm, Sweden all mentioned JIM MOORE'S work as assistant and it all seemed to be a love feast with the Swedish dancers. Visitors here at home included BUD TYGETT from Huntsville, Alabama - still enthusiastic on the trials and tribulations of a Regional Co. 'Effervescent' is the word for GILDO DI NUNZIO full of the funny gossip that surrounds an Opera Co. - his visits -

are always a delight. KIM BADGER from Grosse Pointe renewing old friendships. DARRELL NOTARA home to see his ailing mother is now a dance team. LAURIEL PARKER footloose and with no goal in sight. BILL BADOLATO is dancing for his third season at the Dallas Music Hall with JOHN SHARPE as the choreographer. CHERIE MC CULLOUGH is at the Muni Opera for the summer.

As of today (July 8) the only clear skies in the world were in Vienna and Lisbon. Let's go there.

On August 3rd we are off on our annual "airing" - this year back to Europe again. A few days first in Munich and then to Garmisch for a few days with our friends the RUDOLPHS - also to renew some of the pleasure we had on our last trip to Germany. Then by bus to Cortina, Italy in the mountains for a day. For the next ten days we visit Venice, Florence and Rome. August 18th we arrive in Athens for a few days before embarking on a cruise of the Greek Islands which takes us from Piraeus to Herakleon - Santorini - Rhodes - Eupheuss on Asia Minor and on to Istanbul. Back to Athens by way of Deles and Myconos. August 30th we fly home from Rome and classes will start pronto - September 6th.

Had planned to use this quote of Walt Whitman's in this Bulletin and lo and behold JANE BARWIS used it for a pantomime - here it is anyway

"I think I could turn and live with animals,
they are so placid and self contain'd,
I stand and look at them long and long,
They do not sweat and whine about their
condition,
They do not lie awake in the dark and weep
for their sins,
They do not make me sick discussing their
duty to God,
Not one is dissatisfied, not one is
demented with the mania of owning things,
Not one kneels to another, nor to his kind
that lived thousands of years ago,
Not one is respectable or unhappy over
the whole world.

- Walt Whitman.

SINGLEMINDEDNESS, to a point, is good if one wants to accomplish a certain goal in life, but carried to an extreme in regards to one's peripheral interests can cause even further shrinkage of the brain. It is not healthy or normal to be so consumed with a single interest to the point that all others are excluded.

The world is full of lonely bored people who have isolated themselves by professing an abnormal interest in one thing. They are a bore socially, poor conversationalists, self centered and egotistical and the tolerance of their friends must be of saintly proportions to put up with them.

Often people interested in the ballet are among this shallow minded group. Whether they are dancers, teachers or balletomanes makes little difference in their range of conversation. They prattle and gossip on about the dancers personal lives, their appearance and what they wear. Rarely do they have a thought about their musicality, interpretation, sensitivity or artistry. Mostly their appreciation is a physical thing rather than an intellectual appreciation.

As a remedy for this singlemindedness, Chicago offers you many free opportunities to broaden your interests and conversation. First on the list, should be many visits to the ART INSTITUTE, one of the greatest Museums of art in the world. There is something there for every taste from ancient to modern and the more one goes the sooner one develops a taste and preference of their own. The dancers appreciation of art should extend beyond Degas. The FIELD MUSEUM OF NATURAL HISTORY has something to offer every taste and for the dancer the Malvina Hoffman "Hall of Man" is a must. Whether your interest is in rocks, mummies, jewelery, costumes or animal life, something should appeal to you here. Nearby is the SHEDD AQUARIUM with thousands of specimens of fresh and salt water fish from all over the world. The ADLER PLANETARIUM, also nearby, has an especial appeal for the modern interested in moon tours. The medical exhibit at the MUSEUM OF SCIENCE AND INDUSTRY can

be of special interest to dancers and teachers from the standpoint of maintaining health. The CHICAGO HISTORICAL SOCIETY has one of the finest historical collections in America. The city also maintains two excellent Zoos - the BROOKFIELD and the LINCOLN PARK where one can spend endless hours. Whatever, do not miss the nursery at Lincoln Park. The person who does not love and appreciate nature is only half a person. Both LINCOLN and GARFIELD PARKS maintain beautiful conservatories that are open to the public. And if one has a car a trip to the MORTON ABORETUM near Sterling, Illinois can be an unforgettable pleasure. After a visit there I always am reminded of Walt Whitman's line -

"After you have exhausted what there is in business, politics, conviviality, and so on - have found that none of them finally satisfy, or permanently wear - what remains? Nature remains."

With time on one's hands why not turn to reading for pleasure and incidentally, to gain knowledge. Education only begins when you have finished school and you delve further into your own interests by reading. When I first came to Chicago in 1927 I went to the CHICAGO PUBLIC LIBRARY and inquired as to what they offered in reading courses. I was presented with a list and chose one on American literature, and that course completely absorbed me for almost twenty years...resulting in my early interest in American Folk Lore and music (years before the present craze) and were the basis for my early ballets, "Thunder in the Hills", "That Daring Young Man" and "Dr. ELI DUFFY'S SNAKEROOT".

Choose what you will to read, biography, history, art, poetry or even the better novels, your interests are bound to broaden and change. The frustrating thing is that you find you never really know all about anything. Now, some forty years later, my tastes have changed many times but the books of Hermann Hesse, Nikos Kazantzakis, Andre Gide, Joseph Wood Krutch, Bernard Berenson, Henry Adams, John Steinbeck, and Thomas Wolfe I can still read and re-read. These authors are by no means my only reading - just my favorites.

A hobby is said to be "hard work you wouldn't do for a living"; however, every

person should have one or two. It matters little whether it is collecting stamps, old bottles, rocks, antiques, china, figurines, paintings or rare books. Something is to be learned from each thing you add to your collection and it is amazing how many of these simple "cravings to possess" have turned into profitable activities, while giving you much more to talk about when conversation is needed.

Hobbies can start from the simplest of sources, such as having a pet. As a young boy I had two pet ducks who followed me everywhere. I was never without company or conversation while "Spotty and Whitey" were along. I cannot to this day pass a bond of ducks without pausing to admire them and converse with them. This liking developed into a collection of duck figurines. It began with every sort, made of wood, metal and china by the hundreds. In time it simmered down to a collection of about 25 including Royal Copenhagen, Royal Doulton, Rosenthal, Chinese, Italian, Alaskan, Czecho Slovakian, pewter and some simple models made for the Audobon Society. I have friends who have equally beautiful collections of cats, dogs, birds, horses and hippopotami - and some even collect figurines of dancers.

Hobbies have greater therapy if they involve making and creating things. Keeping scrapbooks can be time consuming and useful in the end as to a source of information for research. I've known people to keep scrapbooks on such widely varied subjects as photography, costumes, clothes styles, poetry, news items, humorous stories, folk lore or a herbarium of wild flowers.

Your own body and its health welfare can be an avocation that will pay off in valuable "vigor of body and mind". When approached about doing a set of routine exercises the average person complains of lack of time. This is ridiculous because there is hardly a person who does not waste at least two hours a day. Only the very busy person has the time to do more. What is missing is the discipline that is necessary to

allot the time.

One of the great fallacies that many people labor under is that their work is exercise. If that is so then why are you so tired at the end of the day. Any good form of exercise is stimulating and one feels better after it because of the increased circulation of blood and the deeper breathing.

There are many types to choose from, golf (one of the poorest), tennis (better), long vigorous walks, jogging is better and a systematized form of calisthenics is by all odds superior. The modern idea that playing a game is strength building is absurd. There must be a conscious manipulation of the muscles and tendons to be of benefit to the body and the mind.

I am grateful for my introduction to Hatha Yoga by Shashi Kulkarni in November of 1962. This esoteric form of bodily exercise has made it possible for me to keep calmly active longer than I might have had I not become involved. Through consciously conducted exercises of Hatha yoga one directs his consciousness, at least for a few minutes daily, towards those nervous centers which are called upon to supply the body with life force. The entire field of health and exercise can be an incentive for even more activities because of the new vitality.

The arts can be a wholesome pastime if treated as an avocation. The study of music and dance should for many years be taken for the leisure and mental health they provide. In dance especially parents and students do not think of benefits derived from study, such as improved health, better carriage and figure, a more outgoing personality and the many cultural benefits of improved taste and appreciation of the other arts. False ambition and the American business man's idea that nothing is to be done unless there is a financial goal and profit involved, causes most of the unhappiness in these inept everblown talents. Sketching and

modeling in clay is a creative and profitable way to spend time. Music from the mere listeners point of view is stimulation and relaxing and a good way to spend free hours. The real pity of life today is that the young do not get to hear in person the really great performers. I would not trade all the money on La Salle Street for all the pleasure I have had seeing and hearing artists like Mary Garden, Claudio Muzio, Rosa Raisa, Rachmaninoff, Kipnis, Schnaubel and Kreutzberg in the past; Or in present Elizabeht Schwarzkopf, Dietrick Fischer Dieskau, Berganzi, Kolplakova or Soloviev. What a pity that the young only hear about them.

The greatest threat to the art of conversation (which requires broad interests) today is the TV and the radio. People sit around in the semi dark like mutes stuffing themselves with candies, nuts, drinks and cigarettes. For the one good program there are two dozen extremely bad ones. It is doubtful if you are entertained and it is less doubtful if you learn anything.

A cultured and sophisticated person, need not be an authority, to converse and be able to add something to a conversation on any of the following subjects. MUSIC which would include Symphony, Chamber music,, song recitals and opera; THEATER, including the plays, musicals and the ballet; LITERATURE, including biography, history, poetry and the better novels; NATURE, including animal husbandry and the flower world; FOLK LORE, EDUCATION, POLITICS, PHILOSOPHY, ATHLETICS, PAINTING, SCULPTURE, RELIGION and certainly a good smattering of HUMOR. The world is full of interesting things to occupy your time and mind, do not stick to one. Maybe you feel like a certain M.H. Beuchat who said - "Be tolerant with a person who disagrees with you after all, he has a right to his ridiculous opinions". Agree if you will with Mr. Beuchat, but also think over what I have said.